

What to Do if You Think You Have Zika

Go to your doctor. Zika is diagnosed based on a person's recent travel history, symptoms, and test results from a blood or urine test.

There is no specific medicine to treat Zika. Treat the symptoms:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.



www.scdhec.gov/zika



CR-011933 2/17



Zika

The Basics of the Virus and
How to Keep your Family Safe



About Zika

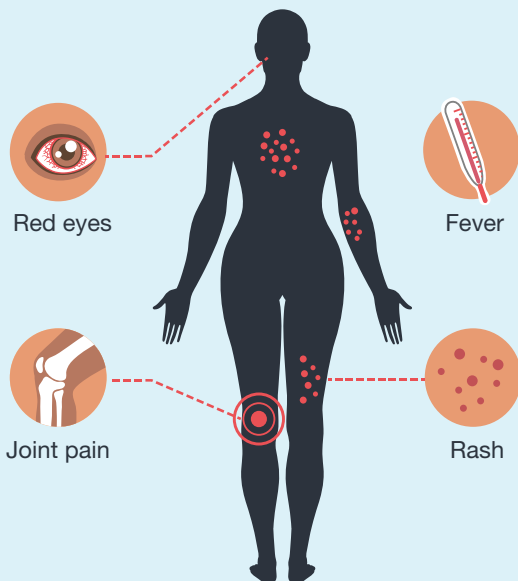
Zika is a mosquito borne virus:

- It is spread mostly by the bite of an infected *Aedes aegypti* mosquito.
- There is no vaccine to prevent or medicine to treat Zika.
- It can be passed through sex from a person who has Zika to his or her sex partners.
- It can be passed from a pregnant woman to her baby.
- It is an infection that during pregnancy can cause certain birth defects.

Symptoms of Zika

Most people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are:



Why Zika is Risky for Some People



Zika infection during pregnancy can cause babies to have a birth defect of the brain called microcephaly. Other problems have been detected among babies infected with Zika virus before birth, such as defects of the eye, hearing problems, and impaired growth. There have also been increased reports of Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika.



How to Prevent Zika

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here's how:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes inside and outside your home.
- Treat your clothing and gear with permethrin or buy pre-treated items.
- Use an insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- Prevent sexual transmission of Zika by using condoms or not having sex.